



Hornsby



Krause



Essex



Galbreath

# DOD identifies Army casualties

DEPARTMENT OF DEFENSE  
News Release

WASHINGTON — The Department of Defense has announced the death of four Soldiers assigned to Company A, 2nd Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, Schofield Barracks, who were supporting Operation Enduring Freedom.

The Soldiers died of wounds suffered in the Aug. 16 crash of a UH-60 Black Hawk, which they were manning.

## Chief Warrant Officer 3 Brian Hornsby

Hornsby, 37, of Melbourne, Fla., joined the Army on Sept. 15, 1998, and became a UH-60 pilot March 11, 2003.

This deployment was Hornsby’s second. He was married with two children.

Hornsby’s awards and decorations include the Air Medal, Army Commendation Medal, Army Achievement Medal, Army Good Conduct Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Noncommissioned Officer Professional Development Ribbon, Army Service Ribbon, Overseas Service Ribbon, NATO Medal and the Senior Army Aviator Badge.

## Chief Warrant Officer 2 Suresh Krause

Krause, 29, of Cathedral City, Calif., joined the Army on Feb. 1, 2007, and became a UH-60 pilot June 22, 2009.

This deployment was Krause’s second.

Krause’s awards and decorations include the Army Commendation Medal, Army Achievement Medal, National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, NATO Medal and the Army Aviator Badge.

## Sgt. Richard Essex

Essex, 23, of Kelseyville, Calif., joined the Army on July 1, 2008, and became a wheeled vehicle mechanic Nov. 23, 2008.

This deployment was Essex’s second.

Essex’s awards and decorations include the Army Commendation Medal, Army Good Conduct Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, NATO Medal, Combat Action Badge, Army Aviation Badge and the Drivers Badge.

## Sgt. Luis Oliver Galbreath

Galbreath, 41, of San Juan, Puerto Rico, joined the Army on Jan. 25, 2003, and became a UH-60 helicopter repairer Dec. 4, 2003.

This deployment was Galbreath’s second. He was married with three children.

Galbreath’s awards and decorations include the Air Medal, Army Achievement Medal, Army Good Conduct Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Korea Defense Service Medal, Noncommissioned Officer Professional Development Ribbon, Army Service Ribbon, Overseas Service Ribbon, NATO Medal and the Army Aviator Badge.

“Our heartfelt condolences and prayers go out to the families and loved ones of our fallen heroes,” said Maj. Gen. Kurt Fuller, commander, 25th ID. “Although the 25th Combat Aviation Brigade family has suffered a huge loss, they still continue their mission with the utmost courage and resolve.”

The cause of the incident is under investigation.

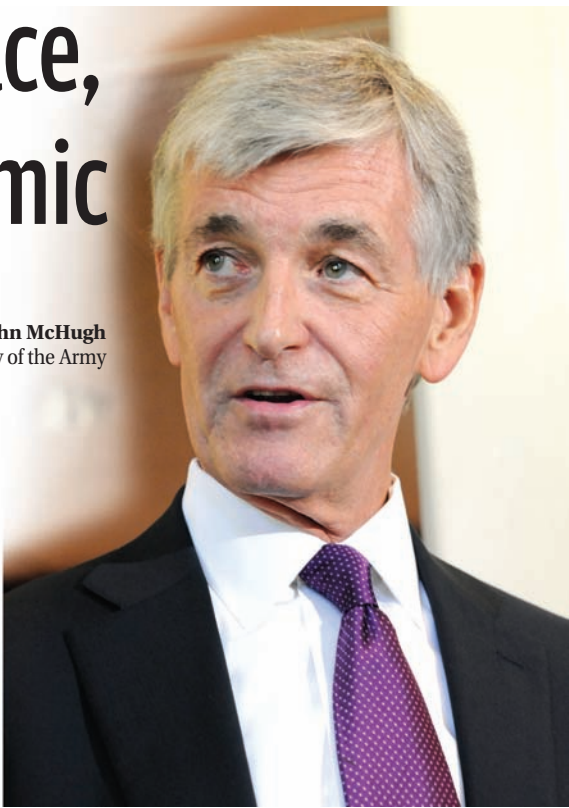
# “Our concern is peace, stability and economic opportunity.”

Secretary of the Army visits USARPAC, discusses operations in the Pacific

STAFF SGT. AMBER ROBINSON  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Secretary of the Army John McHugh visited Hawaii, Aug. 20, to discuss operations throughout the Pacific and announce U.S. Army-Pacific’s new Australian deputy commanding general of operations.

USARPAC is the first Army Service Component Command to



John McHugh  
Secretary of the Army

See SECRETARY, A-4

# ‘Semaphore’ takes Signal Corps back to basics

Unique change of command ceremony proceeds in complete silence

CRISTA MARY MACK

311th Signal Command (Theater) Public Affairs

FORT SHAFTER — Red and white flags flapped in the wind as they moved decisively in the semaphore bearer’s hands, breaking the silence of a troop-filled Palm Circle, here.

Long before the advent of the radio, battlefield communications took the form of the wig-wag. With each position representing different letters, numerals and special signs, wig-waggers could signal an entire command to attention in complete silence.

The 311th Signal Command (Theater) paid homage to this historical means of communications in its change of command ceremony, Aug. 15, here, when Maj. Gen. James Walton assumed command from outgoing commander Brig. Gen. William Scott using Signal Corps semaphore flags.

“This ceremony symbolizes the ‘Back to Basics’ campaign,” said Scott, who will deploy to Afghanistan to head the International Security Assistance Force Combined Joint Communications.

Two signaleers from the 78th Sig. Battalion, 516th Sig. Brigade, Camp Zama, Japan, silently communicated the orders for the entire ceremony using two hand-held semaphore flags. Semaphore bearer Sgt. 1st Class Faamasino Galoia signaled orders from the com-



Crista Mary Mack | 311th Signal Command (Theater) Public Affairs

Maj. Gen. Alan Lynn (right), commander, NETCOM, hands the colors to Maj. Gen. James Walton (left), incoming commander, 311th Sig. Cmd. (T), as Brig. Gen. William Scott, outgoing commander, watches during the unit’s change of command ceremony at Fort Shafter’s Palm Circle, Aug. 15.

See WIG-WAG, A-4



Capt. Parris Watson (right), accepts command of HHD, USAG-HI, from Capt. Apollo Williams (second from left), outgoing commander, as Col. Daniel Whitney (second from right), commander, USAG-HI, officiates during a change of command ceremony at Watts Field, Schofield Barracks, Aug. 16.

# New HHD commander takes on complex mission

Story and photo by  
JACK WIERS  
Pau Hana Editor

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii personnel welcomed Capt. Parris Watson, incoming commander, Headquarters and Headquarters Detachment, USAG-HI, in a change of command ceremony at Watts Field, here, Aug. 16.

Capt. Apollo Williams, outgoing commander, HHD, offered some

See HHD CoC, A-4

# Facebook Town Hall is Wednesday at 6:30 pm

LACEY JUSTINGER

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Soldiers, families and civilians can get answers directly from the people who oversee on-post services and programs during U.S. Army Garrison-Hawaii’s quarterly Facebook Town Hall.

The next virtual town hall is 6-7:30 p.m., Aug. 29, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the “Events” tab, located in the top toolbar.

“As the new garrison commander, this town hall helps me understand which services and programs are important to our Soldiers, families and civilians,” said Col. Daniel Whitney, commander, USAG-HI. “It also highlights any garrison support areas that may need improvement or revision.”

2012 is the second year that USAG-HI has hosted a Facebook Town Hall every quarter.

“Facebook is a familiar form of communication for Soldiers and families,” said Dennis Drake, director, Public Affairs. “These town halls are convenient for them because they don’t need to rearrange schedules or find child care to attend.”

USAG-HI subject matter experts will be on hand to answer queries. They include representatives from the Directorate of Emergency Services, which oversees police, fire, traffic and security issues; Island Palm Communities, which handles family housing; the Directorate of Public Works, which is responsible for

See FB, A-3

## PT Routes | A-2

USAG-HI leaders remind Soldiers of authorized running routes.

## IED hoax | A-4

8th TSC EOD team investigates Maui bomb scare.

## Memorial run | B-1

TAMC’s Fisher House holds inaugural “Boots on the Bridge” run for fallen Soldiers.



## School partnership | B-3

25th ID’s “Bronco Brigade” teaches PRT drills to Iliahi Elementary keiki.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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**Commander, U.S. Army Garrison-Hawaii**  
Col. Daniel W. Whitney  
**Garrison Command Sergeant Major**  
CSM Philip J. Brunwald  
**Director, Public Affairs**  
Dennis C. Drake  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil  
**Managing Editor**  
Vickey Mouzé, 656-3156  
editor@hawaiiarmyweekly.com  
**News Editor**  
Sarah Pacheco, 656-3150  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com  
**Layout**  
Estrella Dela Cruz-Araiza  
**Web Content**  
Lacey Justinger, 656-3153  
lacey@hawaiiarmyweekly.com  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
314 Sasaoka St., WAAF Building 300, Room 105  
Schofield Barracks, HI 96857-5000  
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32 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 08/23/12.

BACKTObASICS

An NCO's leader book is a powerful tool

COMMAND SGT. MAJ. JAMES VAN SCIVER  
205th Military Intelligence Battalion, 500th MI Brigade

There is a tool all noncommissioned officers should re-familiarize themselves with: the leader book.

The leader book is an outstanding tool for leaders of all levels and is as flexible as needed to meet individual or unit requirements.

Field Manual 7-22.7, or The Army Noncommissioned Officer Guide, provides an overview with examples showing how to create a basic leader book.

Since NCOs are responsible for individual and small-team training, they must provide qualitative training assessments on each of their team/squad members to the chain of command.

Not only does the leader book provide a mechanism to track individual or collective training deficiencies, it allows the chain of command to make resourcing decisions to provide time or necessary equipment to achieve more proficiency.

The best functionality of a leader book is captured in three bullets in the FM:

- Track and evaluate Soldiers' training status and proficiency on essential tasks;



Van Sciver

- Provide administrative input to the chain of command on the proficiency of the unit; and
- Conduct Soldier performance counseling.

Tracking and evaluating Soldier training status and proficiency is developed from individual and collective tasks supporting the unit's Mission Essential Task List, or METL. Having these documents ensures the NCO knows which tasks are required to begin developing a training plan, possibly through Sergeant's Time Training.

Furthermore, an assessment after conducting training can identify specific areas where a Soldier may be weak, requiring more emphasis on that specific aspect of a task.

Aside from METL-related tasks, annual training requirements can also be added to ensure leaders manage time to properly allow for Army Warrior Task and Battle Drill training, quarterly Equal Opportunity training or others.

Each quarter, units present quarterly training briefs, or QTB, to their next higher command. The leader book, if properly used, provides a quick snapshot for a well-informed assessment of a team's, squad's or platoon's proficiency.

Weapons qualification, physical fitness testing, schools status and vehicle certification and density are all easily tracked in the book.

Aside from the QTB, leaders can use this tool to de-

velop performance counseling and identify areas where leaders can step in to assist in Soldiers' development.

Based on a re-emergence of the leader book topic from the sergeant major of the Army down, I directed a review of what requirements my battalion requires. We discovered we were missing specific changes and training trackers based on recent changes to our METL.

Aside from the standard administrative and AR 350-1, or Army Training and Leader Development, training requirements, we decided to include specific job tasks that apply only to specific military occupational specialties, or MOSS, in our inventory.

Overall, we discovered we are good at getting the basic information, but we need to grow the leader book to add more specificity. Finally, we developed a standardized book, with room for additions, which I inspect during promotion boards and, on occasion, while walking the halls and talking with troops.

The power of a leader book is incredible, if maintained. NCOs need to ensure they work review plans into their personal battle rhythm, whether at home, over the weekend or every Friday.

Either way, the leader book is a great tool that, if left neglected, proves to be nothing more than a book with no value.

NCOs can use this tool creatively and consistently to ensure they can track and train their Soldiers to provide accurate assessments of Soldiers' training status.

PT units receive neighborhood policy reminder

JACK WIERS  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — An updated U.S. Army Garrison-Hawaii Physical Training policy memo issued July 31 provides unit leaders information about authorized running routes and outlines pedestrian rights throughout USAG-HI installations.

The memo, signed by Col. Daniel Whitney, commander, USAG-HI, is designed, in part, to reduce bothersome early-morning PT and cadence in installation neighborhoods.

The directive is clear, says the new garrison command sergeant major.

"(The memo says) stay in authorized routes," said Command Sgt. Maj. Philip Brunwald, senior enlisted leader, USAG-HI. "Be smart about what you are doing."

The new PT guidance is outlined in policy memorandum USAG-HI-1, posted on the garrison website.

When approved PT routes are ignored, not only are residential families awoken by the rhythmic cadence, but motorized and pedestrian traffic can be impeded — or worse.

Oftentimes, according to Brunwald, unit leaders make impromptu PT course changes that are spontaneous, but those maneuvers can have unintended consequences that pose headaches to runners, residents and those attempting to navigate through the installation.

"When (Soldiers) don't use right routes ... it's dangerous and hazardous to not only (Soldiers), but to traffic. It's an accident waiting to happen."

— Chris Graves  
Deputy director, DES, USAG-HI

"When (Soldiers) don't use right routes, traffic backs up," said Chris Graves, deputy director, Directorate of Emergency Services, USAG-HI. "It's dangerous and hazardous to not only (Soldiers), but to traffic. It's an accident waiting to happen."

The challenge for everyone — Soldiers, unit and garrison workers and residents — has been, and will continue to be, the limited number of PT running areas available for units.

"We all know that these installations were never intended to house this many people, vehicle traffic and foot traffic," Graves

See PT ROUTES, A-6

Getting it Straight

The photo caption reference to Sgt. Leslie Gloston, Warrior Transition Battalion, Pacific Regional Medical Command, mistakenly referred to him as she in the Aug. 17 issue, page B-1.



Courtesy photo

The Choluteca Bridge in Honduras was once part of the Pan-American Highway. Today, it leads "nothing to nowhere."

Leaders, be bridges for Soldiers, not bridges linking to nowhere

CHAPLAIN (LT. COL.) DONALD EUBANK  
U.S. Army Garrison-Hawaii

This amazing photograph seen above is of the Choluteca Bridge in Honduras.

The city of Choluteca is the regional center of southern Honduras and is a major transit point on the Pan-American Highway.

The Choluteca Bridge was built in the 1930s by the U.S. Army Corps of Engineers; it was constructed to withstand the strongest of hurricane storms.

In November 1998, Hurricane Mitch ravaged Honduras with winds reaching 130 mph and pounded the country with more than 75 inches of rain in a single day. Catastrophic flooding followed; nearly 11,000 people were killed, and more than 11,000 others were left missing, their bodies never to be found.

Although 147 bridges in Honduras and Nicaragua were damaged or destroyed, the most modern, the Choluteca Bridge, survived intact. But it suffered perhaps the greatest indignity — the river moved right out from under it.

Today, the bridge stands abandoned — a white concrete sculpture far from shore. It is aptly described by the people of Honduras as "linking nothing to nowhere."

The Choluteca Bridge can be a metaphor for the challenges facing Soldiers and family



Eubank

members in today's Army. As we transition from an Army at war to a more peacetime profile, the way we work and live is changing. The river of what we're all about — our culture, politics, economics and duty — is like a "storm" shifting our ideas, models and the way we do business.

This transitioning will require new training, new paradigms and perhaps realigned priorities, or we may risk the fate of the Choluteca Bridge by becoming irrelevant.

Irrelevance, or the risk of it, should be a wake-up call for leaders.

What we, as leaders, say and do can help our Soldiers or discourage them. As leaders, we should be asking ourselves, "How am I helping my Soldiers cross barriers, hurdle obstacles, overcome problems and defeat the hardships that are hindering them?"

There are events in our lives that change who we are and how we relate to others. Our experiences, both good and bad, have an effect on us. We were not created to be people who just stand still; we were created to be dynamic and adapt to the world around us and the people within it, especially those we supervise and serve.

Soldiers are depending on us today to be their bridges in dealing with all kinds of life challenges, to help them move from one goal to the next, from one stage of life to another.

I encourage you today to be a bridge that leads a Soldier to somewhere with purpose and direction. Otherwise, our great work and achievements may become like the Choluteca Bridge, impressive but irrelevant, "connecting nothing to nowhere."

Voices of Ohana

Women's Equality Day is Aug. 26.

"What more can be done to promote women's equality issues across the Army?"

Photos by 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division



"I'd like to see more female Soldiers integrated into leadership roles."

**Sgt. Holburn Carr**  
Automations NCO/brigade communication security custodian, 2nd SBCT, 25th ID



"The Army should allow female Soldiers to compete for every position based on current standards, without altering them in any way."

**Maj. Scott Koeman**  
Brigade chaplain, 2nd SBCT, 25th ID



"We, as females, signed up for this, just as the males did. We are Soldiers, but we are human beings, too."

**Pvt. Brittany Morrison**  
Brigade paralegal, 2nd SBCT, 25th ID



"I'd really like to see more females in 'Best Warrior' competitions."

**Capt. Katherine O'Brien**  
Bridge provost marshal, 2nd SBCT, 25th ID



"Other countries have females in their combat units; it might be helpful if we brought (them) over to see what works for them."

**Sgt. 1st Class Anthony Troche**  
Brigade surgeon sections NCOIC, 2nd SBCT, 25th ID



# 8th HRSC ensures mail is delivered on time, safely



**Sgt. 1st Class Michael Seymour** | 8th Human Resources Sustainment Center, 8th Theater Sustainment Command  
Spc. Colby Garrett (left), 8th HRSC, 8th TSC, records the results from the Finance section during an official APO inspection at FOB Shank, in Kuwait, recently.

## Behind-the-scenes tasks lead to successful APO operations

**SGT. 1ST CLASS DAWN RAMOS**  
8th Human Resources Sustainment Center,  
8th Theater Sustainment Command

KUWAIT — Even with ever-growing technology and the capability to have a face-to-face conversation with someone over a computer or a cell phone, a big morale booster to deployed Soldiers is still getting mail.

The 8th Human Resources Sustainment Center, or HRSC, 8th Theater Sustainment Command, currently deployed, here, in support of Operation Enduring Freedom, ensures that Army Post Offices, or APOs, in the Central Command’s area of responsibility, comply with U.S. Postal Service and Military Postal Service Agency policies.

The Postal Operations Division, one of five divisions of the 8th HRSC, is charged with this responsibility and accomplishes this task through its CENTCOM theater postal inspection team.

“Mail is a significant morale booster, and we make every effort to ensure packages arrive as quickly as possible to the Soldiers in the field,” said Lt. Col. Letitia Bryant, chief, Postal Operations Division, 8th HRSC, 8th TSC.

The CENTCOM theater postal inspection team

is comprised of two separate entities, which combined make one super team.

This inspection team inspects 18 APOs spread throughout Afghanistan, Qatar, Egypt and here.

One part of the CENTCOM theater postal inspection team is the Postal Assessment and Assistance Team, or PAAT. During its inspections, the team looks at 10 areas within the APO. These areas begin from when the package is first brought into the APO by the customer and receives an open parcel inspection. The team observes these inspections and ensures they are done correctly, making sure that no unauthorized or unsafe items are permitted to enter the mail system.

On the other end of the spectrum, the team observes how packages that arrive in theater are delivered by APO staff to the unit mail clerks for delivery to the individual Soldier.

The team also inspects accountable mail, postal supply, finance, operations, administration and supervision, directory service, postal claims and technical inspections.

The unit verifies physical accountability of all funds, postage and other accountable items, such as money orders and postage meters.

Most of these tasks take place behind the scenes and out of view of the customer, but are all important functions in the successful operation of the APO.

# Soldiers learn redeployment preparation at UMO Rodeo

Story and photo by  
**SGT. GREGORY WILLIAMS**  
3rd Sustainment Command (Expeditionary)

KANDAHAR AIRFIELD, Afghanistan — The 209th Aviation Support Brigade trained more than 100 Soldiers during a Unit Movement Officer, or UMO, Rodeo, here, Aug. 14.

When a unit is ready to leave Afghanistan, the UMO must put together a load plan that will track and ship equipment back to the states, equipment that could easily be worth more than \$1 million.

“Let a UMO lose one piece of equipment,” said Sgt. Irene Campos, automotive logistics non-commissioned officer, 25th Combat Aviation Brigade, 25th Infantry Division. “I think they would get a field grade Article 15 because that equipment is on the commander’s hand receipt, so this training that we’re doing now is very important.”

During the rodeo, Soldiers learned how to prepare movement documentation, facilitate container management with in-transit visibility and prepare cargo for joint inspection. Soldiers also learned how to prepare air load plans for redeployment, which can make the process of shipping cargo back home much easier and less strenuous.

“It’s important to Soldiers, and especially for the UMOs, to understand the redeployment process, so they know what to expect so they have enough time to plan ahead,” said Staff Sgt. Khris De La Pena, transportation management NCO, 822nd Movement Control Detachment.

“UMO’s have to know that they only have a certain amount of time to get their equipment ready to be shipped out,” De La Pena added.

The redeployment process presents many challenges that can cost the Army millions of dollars because the movement of cargo is not cheap, and careful planning is essential to the success of the process.

“I feel if you have everything that belongs to the unit on a well-put-together load plan, then a UMO should be good,” Campos said. “If not ... well, then you’re a ‘SOL’ (Soldier out of luck) because not one container can be left behind.”

The rodeo also gave Soldiers the chance to gain hands-on experience with conducting in-



Soldiers with Task Force Lightning measure an M105 trailer during a UMO Rodeo at Kandahar Airfield, Afghanistan, Aug. 14. The UMO Rodeo provided Soldiers a hands-on experience with learning about the redeployment process and how to prepare equipment for joint inspection clearance.

spections and weighing equipment, which is usually a job for an Air Force cargo load team.

Once the teams were finished with their tasks outside, Soldiers headed back inside to learn about the Transportation Coordinator Automated Information for Movement System, or TC-AIMS, II — a two-week course offered by the military. Instructors, however, were challenged to teach all the Soldiers the basics of the program in two days.

“I’d prefer to teach smaller groups, so I could give that individual attention, since everyone learns at a different pace,” De La Pena said. “I’d hope that, at the very least, Soldiers know who to

contact if they need help with any part of the process.”

Joint Sustainment Command-Afghanistan provided a Sustainment Automation Support Management Office, or SASMO, instructor to further help the UMO Rodeo participants learn more about the redeployment process.

“I help teach Soldiers the air planning applications, which is what the transportation community uses to support the warfighter worldwide,” said David Bowman, SASMO trainer, Tapestry Solutions. “With this, the Soldiers will learn how to not only use TC-AIMS II, but also the Automated Air Load Planning System, or AALPS.”

Campos said she tried to absorb as much knowledge as possible because systems are always being updated to become more proficient.

“Going into AALPS was good because I have some experience using it manually, but now some of the features are automatic, which is a time-saver,” Campos said. “It’s supposed to be a refresher, but I learned a lot more because we went more in detail about the program.”

“I hope the Soldiers take away the skills and confidence to redeploy their unit home,” Bowman said. “They now have the most accurate information to ensure that all equipment and personnel arrive at their home station safely.”

# 25th CAB trains KAW ground mechanics in forklift operations

**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs,  
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Soldiers from Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, conducted forklift training with soldiers from the Kandahar Air Wing, here, Aug. 11.

This training allowed ground mechanics of the KAW to learn how to operate three types of forklifts.

“The training is very good,” said 1st Sgt. Manwar, motor pool noncommissioned officer in charge, KAW. “The soldiers are doing very well in the training. They are helping one another and are very motivated to do this training.”

“The (Afghan) noncommissioned officers have started to step up and help direct the soldiers during the training,” said Sgt. Jacob Fry, wheeled vehicle mechanic, HSC, 209th ASB, 25th CAB. “Before this, they only had a few people who were proficient on the forklifts. This training will allow everyone to receive the knowledge and

gain experience to conduct daily operations after we leave.”

With any training class or task to be performed, safety is always the most important aspect, and ground guides were a critical part of the safety for this class.

“The ground guides are used to make sure the forklift operator properly secures the pallets and to make sure the area around them stays safe,” Frey said. “They can use hand and arm signals that they know, just as long as the ground guide and the driver are on the same page.”

This forklift training is the first class to be conducted since the start of certification training. Eight to 12 soldiers participate each day.

As KAW soldiers are being trained in all aspects, they come closer to being able to work independently and being cohesive with other Afghan units.

“This training is very important,” Manwar said. “Once coalition forces withdraw, we will be the ones taking over. We have to be able to go and grab the cargo once it arrives. It is important for our soldiers to have this training.”

# FB: USAG-HI holds online forum

CONTINUED FROM A-1

road construction; and the Directorate of Family and Morale, Welfare and Recreation, which runs programs like Army Community Service, the School Liaison Office, and Child, Youth and School Services.

Any queries not addressed the evening of Aug. 29, or queries for other organizations, will be answered in the days following the virtual town hall.

Participants are asked for patience in receiving a response. Historically, a high volume of comments is received, and every question may not be addressed during the time frame of the online town hall.

Participants are also asked to refrain from reposting questions multiple times, as this practice causes confusion on the event page.

USAG-HI’s “wall” will not be monitored during the town hall, and comments posted on the wall will not be addressed the evening of the Facebook Town Hall.

Service and family members are reminded that this virtual town hall forum is a family-friendly event; comments and questions that are offensive or derogatory will be re-



moved.

“This forum is an excellent opportunity to take the current ‘pulse’ of the Army family here in Hawaii,” Whitney said.

**Got questions?**  
The Facebook Town Hall is 6-7:30 p.m., Aug. 29, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii). Click on the “Events” tab in the top menu, then click on “Garrison Facebook Town Hall (August).”

Anonymous or private questions can be emailed to [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil) or posted at <https://ice.disa.mil>.





Photo courtesy U.S. Army-Pacific Public Affairs

The Honorable John McHugh (second from left), Secretary of the Army, visits USARPAC headquarters at Fort Shafter, Aug. 20. During his visit, McHugh met with Maj. Gen. Roger Mathews (right), deputy commander, USARPAC; Allen Hoe (second from right), civilian aide to the Secretary of the Army; and William Moore (left), civilian aide to the Secretary of the Army.

## Secretary: McHugh makes stop in HI

CONTINUED FROM A-1

have a partner nation major general as a deputy commanding general.

McHugh visited Hawaii as part of an extended trip in which he visited Mongolia and South Korea.

While in Mongolia, McHugh observed Khaan Quest 2012, an annual multinational exercise sponsored by USARPAC and hosted by the Mongolia armed forces.

McHugh also met with Lt. Gen. Francis Wiercinski, commander, USARPAC, in Mongolia, to discuss the great work of USARPAC troops throughout the Pacific and Asia.

The trip culminated with McHugh's visit to USARPAC, here, where he spent time with Maj. Gen. Roger Mathews, deputy commander, USARPAC, who provided a snapshot of Army operations in the Pacific, both ongoing and projected.

"There was a lot of talk about our new strategic rebalancing toward the Pacific region; that's a program the Chief of Staff of the Army Gen. Raymond Odierno and I were fortunate enough to be involved with," McHugh said.

"We are going to continue to do what we need to do to work on a regional basis," McHugh added. "When we talk about the United States' interest in the Pacific region, our concern is peace, stability and economic opportunity. We don't view that as an America-only objective; we think it's critical that we work with all the nations of this region to pursue what I hope are the goals that everyone shares."

Most importantly, McHugh bolstered the recent announcement by Wiercinski that the Australian army will assign a deputy commanding general of operations to USARPAC. Maj. Gen. Richard Maxwell Burr of the Australian Defense Force has been selected for the new position.

"We look forward to Maj. Gen. Burr leading up our efforts in exercises and training," Mathews said. "He has extensive experience in the region and is very familiar with U.S. formations and how we train, so we can really capitalize on him as a regional expert and somebody who can understand the training and the intricacies of dealing with allies in the region."

"It's a huge win and a huge plus for us," Mathews added.

## Wig-Wag: 311th welcomes new commander with uniquely silent ceremony

CONTINUED FROM A-1

mander of troops on the ground to Staff Sgt. Neil Ward, who then silently communicated those orders to all the troops on the field from his position on a 40-foot tower.

"As the commander of troops, I had seen (semaphore flag demonstrations) before, but had never been a part of actually doing it," said Brig. Gen. Janice Haigler, deputy commander, 311th Sig. Cmd. (T).

"It was definitely different to not yell out the commands. The silence ... gives a different perspective on the change of command."

— **Brig. Gen. Janice Haigler**  
Deputy commander, 311th Sig. Cmd. (T)

Haigler noticed that, although it was announced the ceremony would be silent, some guests still looked confused, which illustrated how unusual the experience was.

"It was definitely different to not yell out the commands," Haigler said. "The silence of it gives a different perspective on the change of command."

During the ceremony, Haigler silently direct-

ed a field filled with elements representing the entire theater in the "Presentation of Command" and "Honors to the Nation." She then joined Walton, Scott and Maj. Gen. Alan Lynn, commander, Network Enterprise Technology Command and host commander, in a formal inspection of the troops.

The ceremony culminated with the ceremonial passing of the unit's colors, as Command Sgt. Maj. Kevin Thompson, senior enlisted advisor, 311th Sig. Cmd. (T), passed the colors to Scott, who then passed them to Lynn, symbolizing the relinquishment of command.

Lynn then passed the colors to Walton, representing the official assumption of command. Walton completed the cycle by passing the colors back to Thompson, who returned the 311th flag to the color guard.

The event featured the musical accompaniment of the 25th Infantry Division Tropic Lighting Band.

Spc. Anesiglenn Foifua, Spc. Toso Foifua, Spc. Christopher Amituanai and Spc. Billy Mahnglaei, all with the 9th Mission Support Command, sang the National Anthem.

Headquartered in Hawaii, the 311th is the designated signal command across the Pacific theater and includes active and Reserve Soldiers.

"The number and scope of this unit's accomplishments are simply staggering," Scott said.

"The amount of opportunity that lies ahead here in the Pacific is absolutely unbelievable," Scott added, "and this team is the one that can and will seize it and take it to the next level."

Walton's previous assignment was director, Chief Integration Office (G6).



Chelsee Yee | 311th Signal Command (Theater) Public Affairs

Sgt. 1st Class Faamasino Galoia (front), semaphore bearer, 78th Sig. Bn., Camp Zama, Japan, uses Signal Corps semaphore flags to command the field during the entire 311th Sig. Cmd. (T) change of command ceremony, held at Fort Shafter's Palm Circle, Aug. 15.

"My assumption of command represents a change in personnel, not a change in policy or strategy," Walton said.

"To be sure, together with our partners, I will examine our effort to determine where refinements might be needed," Walton added.

"To the Soldiers, civilians, contractors and families of the 311th, I pledge to do all that I can to provide the best leadership, direction and ex-

ample that I can muster," Walton said.

Lynn spoke confidently about Walton's new position commanding the 311th's vast signal mission.

"I know you're ready for the challenge of the Pacific and everything it has for you in store," Lynn said. "On behalf of the NETCOM folks worldwide, we welcome you to NETCOM and the 311th family."

## 8th TSC EODs defuse Maui bomb hoax

Schofield's three-man team handles homegrown hazard

Story and photo by  
**SGT. MARCUS FICHTL**  
8th Military Police Brigade Public Affairs,  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Three explosive ordnance disposal Soldiers from 8th Theater Sustainment Command's 74th EOD Company overcame time and distance to allow residents in a Maui neighborhood to return safely to their homes following a bomb scare, Aug. 15.

Sgt. 1st Class Foster Folger, Staff Sgt. Joshua Pate and Spc. Robert Thomas — all from 1st Team, 3rd Platoon, 74th EOD Co., 303rd EOD Battalion, 45th Sustainment Brigade, 8th TSC — investigated a suspected improvised explosive device and determined it to be nonexplosive, which allowed more than 36 nearby residents to return to their homes after eight hours of tension.

According to the Maui Police Department, a 40-year-old female discovered a black/silver box labeled "Boom Box" in her 16-year-old son's closet at 12:50 p.m. Upon opening the box, she observed electronics, wiring and other objects, which she believed to be a homemade explosive device.

Maui police took a photo of the suspected explosive device, evacuated the area and contacted the 74th EOD Co., which is based here, but is capable of responding to any explosive hazard in the Pacific Rim and frequently supports civilian police departments.

"At 1:40 p.m., I received a phone call from the Maui Police Department that they had a suspicious package with a cylindrical object wrapped in blue tape with wires going from the cylindrical object to an electrical package," said Pate, team leader.

EOD examined the photo sent by Maui police and deemed it suspicious enough to respond.

According to Capt. Dustin Flowers, commander, 74th EOD Co., a team will be notified, geared up and out the door within 30 minutes after receiving notification for any suspected emergency throughout the Hawaiian Island chain. However, as no explosive materials are prepositioned on Maui, the three-man team had to wait for a



Sgt. 1st Class Foster Folger (left), acting officer in charge; Staff Sgt. Joshua Pate (middle), team leader; and Spc. Robert Thomas, team member, all from 1st Team, 3rd Platoon, 74th EOD Co., 303rd EOD Bn., 45th Sust. Bde., 8th TSC, stand in front of their EOD utility truck after returning from Wailuku, Maui, where they identified a potential IED as a hoax, Aug. 15.

Coast Guard flight to carry them and their equipment, delaying arrival by six hours.

But, when they arrived, they hit the ground running.

"We arrived on scene at 7:42 p.m.," Pate said. "By 8 p.m., I was in the bomb suit going into the house."

Based on EOD procedure, the team leader always goes in first and assumes the initial risk, while teammates support and make sure everything is safe.

After Pate secured the potential IED, Thomas put on his suit, and together they used an X-ray device to determine the device was not an actual IED, but rather a hoax IED designed to look like a threat.

By 8:50 p.m., Maui police gave the "all clear," and residents returned to their homes from a temporary shelter at a nearby gym.

"The Maui Police Department is very thankful for the assistance given by the U.S. Army EOD," said Wayne Ibarra, public information officer, Maui Police Department. "As in the past, the U.S. Army EOD has always responded to the needs of our department during situations that require explosive detection or disposal capabilities."

During the course of the investigation, police received information on the whereabouts of the complainant's son. At about 4:43 p.m., police located the juvenile at another residence in Wailuku and arrested him for "Terroristic Threatening I." He was later released to his foster family, per Family Court.

While this emergency turned out to be a hoax, the stresses, particularly for the families of the EOD Soldiers, remain real.

"It's hard on my wife," Pate said. "She hasn't gotten used to me being in charge and assuming all the risk, but she's getting better."

As the 74th EOD acts as the bomb squad for the entire Pacific Rim, its expertise does not go unnoticed or un-thanked, especially by agencies or regions that cannot afford an organic team of its own.

"Every time we take care of any explosive threat, we've potentially saved lives," said Folger, acting officer in charge.

And while many people attribute counter-IED work in Afghanistan with the EOD mission, Flowers said this event on Maui shows Soldiers are also necessary in a peacetime environment and deal with potential hazards as dangerous as any found in a war zone.

## HHD CoC: New commander is ready to lead

CONTINUED FROM A-1

parting wisdom for the new commander and longtime friend.

"This unit is a complex and unique creature," Williams said. "(This is) an organization with Soldiers assigned to more than seven different directorates spread out over four different Army installations on two separate islands."

"(This is) an organization where about 30 percent of the personnel outrank you, 20 percent of the personnel are the same rank, and the other 50 percent — well, good luck tracking them all down at the same time," Williams added, with a chuckle.

Williams emphasized the sometimes-unheralded garrison mission.

"Much of our mission goes unnoticed, sometimes taken for granted," he explained. "However, that doesn't stop our outstanding Soldiers and civilians within the HHD, USAG-HI organization. They are some of the most stellar, hard-working and customer service-oriented professionals I've had the privilege of working with."

As incoming commander, Watson will rely upon firsthand garrison knowledge, most recently serving as operations officer, Directorate of Plans, Training, Mobilization and Security. He also will rely on his friend Williams, who will move nearby to the headquarters of the 25th Infantry Division.

During his remarks, Watson offered humbled recognition of the forewarned, unwieldy challenge that lies ahead.

"I am proud to command (the) United States Army Garrison-Hawaii Headquarters and Headquarters Detachment," Watson said, "and I am looking forward to all the challenges and benefits this assignment has to offer."



# Combat medics hone expertise for coveted badge

## Assessment standard also tests ‘old school’ doctrine

Story and photos by  
**SGT. ROBERT ENGLAND**  
2nd Stryker Brigade Combat Team Public Affairs,  
25th Infantry Division

SCHOFIELD BARRACKS — Combat medics from all units in the 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted an Expert Field Medical Badge assessment Aug. 13-16, here, to prepare for EFMB testing. During the four-day assessment, more than 60



Spc. Adam Massey, combat medic, Company B, 52nd Inf. Regt. (Anti-tank), 2nd SBCT, 25th ID, drags a simulated casualty to a safe location during an EFMB assessment at Schofield Barracks’ Medical Simulations Training Center, Aug. 15.

medics assigned to all units in 2nd SBCT (with the exception of the 1st Battalion, 27th Inf. Regiment) demonstrated their proficiency across a broad spectrum of tasks that they will be expected to perform at the actual EFMB qualification, here, Oct. 28-Nov. 8.

The tasks range from tactical combat casualty care and land navigation to a road march and an Army Physical Fitness Test, said Pfc. Andrew Houdyshel, combat medic, Troop B, 2nd Squadron, 14th Cavalry Regt., 2nd SBCT.

“There are some basic soldiering skills that every Soldier should know,” Houdyshel said. “It’s just that we don’t get many opportunities to train on it, so we’ve been pretty rusty.”

As a medic, the main effort lies in the assumption of responsibilities in the medical field, and the inclusion of basic Soldier skills in the assessment will allow the candidates to refine those skills, as well, said 1st Lt. Brandon Ritchey, medical operations officer, 2nd SBCT.

“This is going to be their main effort because

it’s a pretty difficult badge to earn,” Ritchey said. “They don’t always get the chance to do all these things as medics.”

Houdyshel said the most challenging part for him was adjusting his operating procedures to meet the grading requirements.

“The EFMB standard is different from what we use today; it’s old-school,” Houdyshel said. “It’s hard to conform to the different standards; I know that will be my biggest challenge.”

Ritchey explained that the grading requisites are based on standards dictated by Army doctrine for medics. In combat situations, he said, he understands that medics may make adjustments in order to reach the life-saving steps sooner, but the EFMB adheres to doctrinal standards.

“The reason a lot of these medics are finding it tough is because it’s by the book,” Ritchey said. “If we were in combat, you administer field-expedient aid, and you do the things that are going to save lives, but EFMB is by the book, how they’re teaching it in the schoolhouse.”



Combat medics from the 2nd SBCT, 25th ID, drag a simulated casualty from a vehicle during a simulated attack, as part of an assessment, Aug. 16.

# Diabetic Soldier beats the odds, takes on rigorous EFMB

**STEPHANIE BRYANT**  
Tripler Army Medical Center Public Affairs

HONOLULU — “I really want to get it across to Soldiers that if they have disabilities or (medical limitations) to not let (them hinder) or prevent

(them) from achieving goals,” said Staff Sgt. Shane Giltner, U.S. Army Health Clinic-Schofield Barracks.

On his third attempt, the ear, nose and throat technician, who works at Schofield’s Audiology

Clinic, earned the Expert Field Medical Badge at Warrior Base, South Korea, near the Korean Demilitarized Zone in May.

The EFMB, which is difficult to earn, even for the average Soldier, was especially challenging for Giltner, who has the disadvantage of being diabetic.

When he was in the seventh month of his deployment in Iraq in 2005, Giltner was diagnosed with Type 1 diabetes, formerly known as juvenile diabetes.

“They call it late-onset juvenile diabetes,” Giltner said. “I was 21 years old and have no history of diabetes in my family.”

According to Sgt. Maj. Michel Pigford, health care delivery sergeant major, Office of the Army Surgeon General, who served as Giltner’s first sergeant at Evans Army Community Hospital, Fort Carson, Colo., from 2007-2008, the average success rate for earning the EFMB during a cycle is 16 percent; only three percent of current active-duty medical personnel who qualified to compete for the EFMB have successfully earned the right to wear the badge.

Each time Giltner competed to earn the coveted badge, he had to jump through hoops and get numerous approvals. Despite the paperwork obstacles, with the help of his command, Giltner never gave up until he reached his goal.

“Persistence and drive are two qualities that will lead to excellence and personal pride in providing the absolute best care that a medic can administer when he or she has another Soldier’s life in hand,” said Pigford, who served as the site noncommissioned officer in charge for EFMB in the DMZ when Giltner earned the badge.

“The fact that (Giltner) successfully managed his adult-onset, insulin-dependent diabetes to conquer the rigors of competing for and earning the most coveted badge awarded to Army medics is an accomplishment that distinguishes him from all other EFMB candidates,” Pigford added.

Giltner said, despite his limitations, earning the EFMB helps justify that he is where he is supposed to be in life: serving as a Soldier in the U.S. Army.

“I have had people tell me that I should not still be in the Army because I am a diabetic,” Giltner explained. “I do not believe a medical limitation should be used as a crutch; it can be frustrating to hear Soldiers give excuses for why they cannot accomplish life goals.

“I just want to encourage Soldiers to keep pushing themselves to achieve what they want,” Giltner added.

Pigford believes that Giltner’s fortitude will take him far and set a good example for other Soldiers.

“Highlighting a Soldier like Staff Sgt. Giltner illustrates that, despite facing what seems like insurmountable odds and adversity, a Soldier who continues to work with sheer determination to accomplish the mission at all costs can achieve any goal,” Pigford said.

**TAMC Diabetes Support**  
To learn more about managing your diabetes well or enrolling in Tripler’s Diabetes Self-Management Education Classes, ask your primary care manager or call 433-6504.



Courtesy photo

Staff Sgt. Shane Giltner, ear, nose and throat technician, Audiology Clinic, U.S. Army Health Clinic-Schofield Barracks, crosses the finish line of a 12-mile ruck march completed as part of the EFMB qualification course at Warrior Base, South Korea, near the Korean DMZ, in May.



# PT Routes: Be respectful

CONTINUED FROM A-1

said. “We are a small installation; we’re not like Fort Bragg or Fort Bliss, where each has spacious half-mile queue space near installation entrance areas.”

Soldiers running unauthorized PT routes have been a recurring problem in unauthorized USAG-HI residential areas for decades. Residential family members have voiced concern about the cyclical problem through various channels, including Ask the Commander email, the garrison Facebook site and the Interactive Customer Evaluation (or ICE) program.

There is awareness of the situation and the need to address the issue through command channels, as expressed by Brunwald.

“Be respectful of our local communities when congregating near family homes, on and off base, especially near any trail heads or residential areas for PRT,” Brunwald said. “I appreciate your leaders doing good hard warrior-focused fitness training, but we also have to be disciplined and respectful at all times.

“Everybody’s on it, the commanders and sergeants major,” Brunwald said. “Now we have to ensure that the message gets down to the unit level.”

**Authorized PT Routes**

To view the July 31, 2012, policy memorandum regarding physical training running routes and pedestrian rights and duties, visit:

- [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), and go to “Command Documents.”



**Spc. Tiffany Dusterhoft** | 8th Theater Sustainment Command Public Affairs

Unit leaders and Soldiers should use authorized running routes when conducting PT on USAG-HI installations, such as these U.S. Army-Pacific Soldiers seen above.

## News Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

**Fort Shafter Traffic Alert** — Portions of the large parking lot on Palm Circle Drive will be closed from 7 a.m., Aug. 24, to 5 p.m., Aug. 28. Also, portions of Palm Circle Drive will be closed at various times between 5 a.m.-5 p.m., Aug. 28. Drivers are encouraged to plan for delays and use alternative routes, if possible. Call 438-6350.

### 27 / Monday

**CI Special Agent Recruitment** — The U.S. Army’s Counterintelligence Special Agent recruiting team will conduct two sessions 1:30-3 p.m. and 3:30-5 p.m., Aug. 27, at the 205th Military Intelligence Battalion Conference Room, Bldg. 520, Fort Shafter. Presentations will provide information concerning career field MOS 35L, CI special agent,

and include criteria for entry into the MOS and how to apply for reclassification, missions, assignments and training opportunities. Briefings are primarily directed toward grades E4 and E5. Call 655-1285.

### 28 / Tuesday

**Noise Advisory** — Residents in the immediate vicinity of Schofield Barracks may experience an increase in noise as a result of 25th Infantry Division field artillery training exercises, from 8:30-11 a.m., Aug. 28. Call the U.S. Army Garrison-Hawaii Noise Concern Line at 656-3487 to report concerns.

**Women’s Equality Day** — A celebration/presentation will be held 10:30 a.m., Aug. 28, at the Sgt. Smith Theater, Schofield Barracks, with a food sampling at the Nehelani following the event. Call (443) 504-7720 or email [diana.m.colon.mil@mail.mil](mailto:diana.m.colon.mil@mail.mil).

**CID Recruitment** — The Army’s Criminal Investigation Command, or CID, is seeking qualified, high-caliber Soldiers for CID special agents. Recruiting briefings are at 9:30 a.m., Tuesdays,

at the Hawaii CID Office, Bldg. 3026, Schofield Barracks. Visit [www.CID.army.mil](http://www.CID.army.mil), call 655-1989 or email [jesus.goytia@us.army.mil](mailto:jesus.goytia@us.army.mil).

### 29 / Wednesday

**USAG-HI Facebook Town Hall** — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Aug. 29, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the “Events” tab. All U.S. Army-Hawaii Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, please email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil> or email Ask the Garrison Commander at [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil). Call 656-3153 or email [lacey.a.justinger.civ@mail.mil](mailto:lacey.a.justinger.civ@mail.mil) with questions or concerns.

## September 1 / Saturday

**Kaneohe Bay Prohibition** — The Hawaii Board of Land and Natural Resources will enforce a ban on the use/consumption of alcohol and loud, abusive or disorderly conduct at Kaneohe Sandbar during the Labor Day weekend, Sept. 1-3. See next week’s newspaper for more details.

### 15 / Saturday

**WAAF Power Shutdown** — A scheduled power shutdown from 7 a.m.-5 p.m., Sept. 15, will affect all of Wheeler Army Airfield, to allow the Hawaiian Electric Company time to perform inspection and routine maintenance of its substation transformer. Call 656-3065.

## Ongoing

**DEERS** — The 9th Mission Support Command (Theater) is issuing Defense Enrollment Eligibility Reporting System ID cards by appointment only; walk-ins will not be accepted. Visit <https://rapids-appointments>.



# PAU HANA

“When work is finished.”

www.hawaiiarmyweekly.com

FRIDAY, August 24, 2012

## ‘Boots on the Bridge’

An estimated 6,000 service members, family members and friends walk, ruck and run their way across Ford Island and the Ford Island Bridge run route for the first Fisher House “Boots on the Bridge, Remembering the Fallen” hero and remembrance run. TAMC Fisher House volunteers collected more than 6,000 boots that lined the run course and commemorated post 9-11 fallen service members.

## Running commemorates the post 9-11 fallen heroes

Story and photos by  
**SPC. TIFFANY DUSTERHOFT**

8th Theater Sustainment Command Public Affairs

**FORD ISLAND** — The Tripler Army Medical Center Fisher House held its inaugural “Boots on the Bridge, Remembering the Fallen” memorial run, here, Saturday.

Units, service members, families and friends came out in large numbers to both participate and line the run route in a remembrance of those who lost their lives in service to the nation.

More than 6,000 boots lined Ford Island and Ford Island Bridge. Photos of fallen service members sat atop each boot.

“What we wanted to do is raise awareness about what Fisher House does for our wounded families, ill and injured,” said Theresa Johnson, manager, Tripler Fisher House.

“We thought we would take it to a higher level and honor our fallen Soldiers and service members and our Gold Star families who were left behind,” she said. “I just want to say thank you to everyone who came out and supported (this event). This has been an amazing event, and the support of all branches was great.”

“I’m remembering those we’ve lost, those who can’t be out here to run today, and I feel like I’m running for them.”

— **Spc. Theresa Zapata**  
Chaplain assistant, HHC, 25th CAB, 25th ID

“Boots on the Bridge” is a variation of the common military term “boots-on-the-ground,” meaning troops on deployment.

The route was lined with thousands of donated combat boots. Each boot and photo display commemorated a service member who has died since Sept. 11, 2001.

Motivational cadences of military units rang out over the waters of the Pacific as units ran

See **BOOTS B-5**

### Fisher House

TAMC’s two Fisher House facilities offer an alternative place to stay for Soldiers and family members receiving treatment at TAMC. Learn more about the Fisher House Foundation at:

- [Triplerfisherhouse.com](http://Triplerfisherhouse.com).

### ‘Boots on the Bridge’

To see more photos, visit:

- [www.flickr.com/photos/8tsc](http://www.flickr.com/photos/8tsc).

Right — Flags, messages and momentos are displayed along with donated boots that line the course route in memory of fallen post 9-11 military members at the “Boots on the Bridge, Remembering the Fallen” run, Aug. 18.



Above — Donated boots, lining the course route, are customized with photos of fallen post 9-11 military members. Middle — Members of the 8th Special Troops Battalion, 8th TSC, along with family members, join the Fisher House “Boots on the Bridge, Remembering the Fallen” 8K run.







Briefs

Today

**Flag Football League** — The USAG-HI Sports Office is accepting applications until Aug. 24 for the 2012 flag football league. The season starts Sept. 10. Call 655-0856/655-9652.

**Friday Night Entertainment Series** — Catch new acts every Friday at the Kolekole Bar and Grill, SB. Enjoy pau hana specials before the show. Call 655-4466.

**WAAF Friday Night Bowling** — Take advantage of the \$5 special for Cosmic Bowling; get three games and one shoe rental, 5-10 p.m. Call 656-1745.

26 / Sunday

**Sunday at the Clubs** — Enjoy Sunday Breakfast at Kolekole Bar and Grill, SB, from 9 a.m.-1 p.m., or Sunday Brunch at the dining room at the FS Hale Ikena, 10 a.m.-1 p.m. Call 655-4466, SB, or 438-1974, FS.

27 / Monday

**Mongolian Barbecue** — Dinner is offered from 5 p.m., Mondays, at SB Kolekole Bar and Grill and Thursdays at FS Mulligan’s Bar and Grill. Cost is 65 cents per ounce. Call Kolekole at 655-4466 or Mulligan’s at 438-1974.

29 / Wednesday

**Wednesday Bowling Special** — Enjoy \$1 a game bowling, 7 a.m.-4 p.m., Wednesdays, FS Bowling Center; shoe rental is not included. Offer is subject to availability and doesn’t apply to group or party reservations. Call 438-6733.

**Teen Wednesdays** — Teens can cosmic bowl for \$2 at Wheeler Bowling Center, 2-4 p.m., Wednesdays. Shoes are free with a two-game minimum. Call 656-1745.

**Keiki Night** — Every Wednesday night, kids under the age of 10 eat from the keiki menu for only \$1.99, 5-8 p.m., at the SB Kolekole Bar and Grill and FS Mulligan’s Bar and Grill. Call 655-0660, SB, or 438-6712, FS.

RECOGNIZING 8TH TSC VOLUNTEERS



Sgt. 1st Class David Wheeler | 8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Outstanding community service is recognized in the 8th Theater Sustainment Command’s 2nd quarter Volunteer of the Quarter Ceremony, Tuesday, here.

Participants included (from left to right) Command Sgt. Maj. Nathan Hunt, 8th TSC senior enlisted leader; Rosylan Hunt, his wife; Chris Patton, Volunteer of the Quarter (youth category); Tiffany Suchomski, Volunteer of the Quarter (adult category); Sgt. Fredrick Martin, Nominee; Maureen Lyons, wife of Maj. Gen. Stephen Lyons, commander, 8th TSC; and Col. Glenn Grothe, chief of staff, 8th TSC.

30 / Thursday

**Zumba** — The FS Physical Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

31 / Friday

**Hawaiian Luau Lunch Buffet** — Every last Friday of the month enjoy a Hawaiian Luau Lunch buffet at the FS Hale Ikena or SB Kolekole Bar and Grill for \$12.95.

Call 438-1974, FS, or 655-0660, SB.

**Ladies Golf Clinic** — Leilehua Golf Course offers a free ladies golf clinic every first Saturday of the month. Call 655-4653 for reservations.

7 / Friday

**Tailgate Party** — Right Arm Night is celebrating the return of football season with a 4 p.m. tailgate party, Sept. 7, at the FS Hale Ikena. Enjoy an all-you-can-eat food buffet.

Spouses and civilians welcome for this adult event. Tickets are \$5 in advance or \$8 at the door. Call 438-1974.

Kolekole Saturday Nights

The Saturday Night Spotlight features a variety of entertainment at the Kolekole Bar and Grill, SB as follows:

- First Saturday, Old School Soul Night with deejay Bennie James;
- Second Saturday, Country Night;
- Third Saturday, Hip-Hop/Rhythm and Blues Night; and
- Fourth Saturday, Karaoke Night.

**Auto Detailing** — The SB Auto Skills Center specializes in tinting and full-vehicle detailing. Call 499-7633.

**New Gym Hours** — New HMR and AMR physical fitness center hours are 6 a.m.-9 p.m., Monday-Friday, and closed Saturdays, Sundays and holidays.

Call HMR at 653-0719 and AMR at 836-0338.

**Golf Special** — Pay for nine holes and play 18, Monday-Friday, except holidays, at the Nagorski Golf Course, FS. Course is open to the public. Limited-time special. Call 438-9587.

**Smoothies Concession** — Rich’s Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Bldg. 488, SB.

Call in orders at 438-0128. Schedule follows:

- Monday-Friday, 8 a.m.-8 p.m.; and
- Saturday-Sunday, 9 a.m.-5 p.m.

September

1 / Saturday

**Learn to Swim Sessions** — FMWR Hawaii Army pools are offering the final classes for this year, as follows:

- SB Richardson Pool Session 7, registration Sept. 1-2, class dates Sept. 10-20;
  - TAMC Pool Session 7, registration Sept. 1-8, class dates Sept. 10-21;
  - Helemano Pool Session 4, registration Sept. 1-11, class dates Sept. 12-22; and
  - Aliamanu Pool Session 4, registration Sept. 1-8, class dates Sept. 10-22.
- Register at the intended class location. Children must be registered with CYSS. Visit himwr.com for more details.

Ongoing

**New Outdoor Rec.** — Outdoor Recreation has moved to a new facility at 435 Ulrich Way, Bldg. 2110 (right behind the SB ACS building), SB, Aug. 17. ODR will be open 8:30 a.m.-5:30 p.m., Tuesdays-Saturdays. Call 655-0143.

**The “A” Game** — Keiki 18 years of age and under can bowl one free game for every two As that they receive on their report card. Offer valid 30 days from report card issuance. Call 438-6733, FS, or 655-0573, SB.

**New Menus** — New menus are now available at Kolekole Bar and Grill, SB, and Mulligan’s Bar and Grill, FS. Call 655-4466 (SB) or 438-1974 (FS).

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

29 / Wednesday

**USAG-HI Facebook Town Hall** — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better?

Do you have questions about USAG-HI services, facilities or support?

If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Aug. 29, at www.facebook.com/usaghawaii, under the “Events” tab.

Call 656-3153 or email lacey.a.justinger.civ@mail.mil.

September

1 / Saturday

**State Parks** — Summer hours for eight Oahu state parks have started and run through Sept. 5 (Labor Day). Hours are 7 a.m.-7:45 p.m. for Keiwa Heiau, Malaekahana, Puu Ualakaa, Sand Island, Wahila Ridge, Wahiawa Freshwater, Kahana Beach Park, Ka Iwi Shoreline and Makapuu Lighthouse.

Visit www.hawaiistateparks.org.

8 / Saturday

**Tunnel to Towers** — Runners will cross the Ford Island Bridge during this Pearl Harbor 5K race, 7 a.m., Sept. 8. Register at www.tunnelto towersrun.org. Call 294-6321.

15 / Saturday

**WAAF Power Shutdown** — A scheduled power shutdown from 7 a.m.-5 p.m., Sept. 15, will affect all of Wheeler Army Airfield. This shutdown will allow the Hawaiian Electric Company time to perform inspection and routine maintenance of its substation transformer that feeds WAAF. Call 656-3065.

29 / Saturday

**Blue Angels** — The Kaneohe Bay Air Show planned for Sept. 29-30 will include the U.S. Navy’s Blue Angels. Visit www.kaneohebayairshow.com for more information.

The Blue Angels will be arriving about a week prior to the event to conduct practice for their air show demonstration.

Ongoing

**Parent Participation Preschool** — Parent Participation Preschool, 9 a.m.-11 a.m., Tuesdays and Thursdays, is for keiki ages 3-4. Classes help preschool children make a smooth transition into kindergarten. Sponsored by the WAAF ASYMCA, classes are \$30 a

month. Call 624-5645.

**Food for Families** — The ASYMCA at WAAF has an emergency food locker that assists military families experiencing financial difficulty. Donations are always accepted. Call 624-5645.

**Children’s Waiting Room** — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged; however, donations are welcomed.

Weekday hours for the SB Health Clinic Children’s Waiting Room are 8 a.m.-noon, and 1-4 p.m; TAMC hours are 8 a.m.-3 p.m.

Call 624-5645 for SBHC, or 833-1185 for TAMC.

**Free Study Programs** — In alliance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide. Students select the training they need and study at their own pace. Call 951-256-4076.

**Operation Kid Comfort** — Comfort, create and unite with Operation Kid Comfort, which creates comfort quilts and pillows for children of deployed service members and offers an opportunity for America to unite in support of military families.

Call the ASYMCA at 473-3398 or emailpearlharbor@asymca.ahi.org.

**Free Yoga Classes** — Yoga classes start at 9 a.m., Tuesdays and Thursdays, at the Wheeler Community Center, behind Wheeler Chapel, WAAF. Bring your own yoga mat and any blocks or straps.

Classes are for all levels: beginner, intermediate and advanced. Call 275-3790 or 778-8696.

**Vet Center** — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8:30 a.m.-4 p.m. The FS vet clinic is located beside the PX Mart and Post Office.

Book an appointment for affordable preventative care, to obtain a mandatory airline health certificate required within 10 days of air travel and more. Call 433-2271; leave a voicemail.

**Freeway Service Patrol** — This service, operational on Hawaii’s freeways, is a program sponsored by Hawaii’s Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service can provide assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline. The service is available from

See Community Calendar, B-3

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF

•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

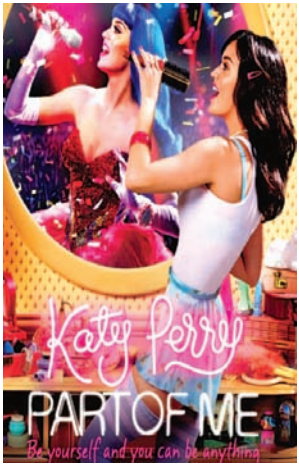
**Protestant Worship**  
•Sunday Services  
- 9 a.m. at FD, MPC and TAMC chapels  
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR

**Single Soldiers’ Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Katy Perry: Part of Me

(PG-13)  
Fri., Aug. 24, 4 p.m.  
Sun., Aug. 26, 2 p.m.  
Thurs., Aug. 30, 7 p.m.

Abraham Lincoln: Vampire Hunter

(R)  
Fri., Aug. 24, 7 p.m.  
Sat., Aug. 25, 7 p.m.  
Wed., Aug. 29, 7 p.m.

Brave

(PG)  
Sat., Aug. 25, 4 p.m.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation  
ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# Energy IQ tested with IPC contest

ISLAND PALM COMMUNITIES  
News Release

SCHOFIELD BARRACKS — Generating awareness about energy conservation is one way Island Palm Communities, or IPC, can help U.S. Army Garrison-Hawaii reduce energy consumption among families living on post.

A new monthly trivia contest, “All for the Money,” is intended to do just that: generate energy reduction awareness.

“We want to provide families with as much information as we can to help them reduce energy at home, and we hope a fun and exciting trivia contest will engage them in picking up great tips and resources,” said Tom Adams, director, Property Management for IPC.

Starting Sept.1, IPC will host a monthly trivia contest on its website. Energy facts, conservation tips, informational articles and details about the Army’s utility program, mandated by the Secretary of Defense, will be posted.

After reading the information posted, residents can respond to five multiple choice questions. Residents who answer all questions correctly will be entered into a drawing for one of ten \$40 Exchange gift cards, each month

Monthly announcements for the “All for the Money” trivia contest will be promoted through IPC’s weekly resident email and on IPC’s Facebook page and web-site.

Contact your IPC community center team if you’re not receiving your monthly email, so you don’t miss the chance to win a \$40 gift card.

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**Island Palm Communities**  
Learn more about the “All for the Money” trivia contest at:  
•[www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).

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## community calendar

CONTINUED FROM B-2

5 a.m-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

**Club Beyond** — Middle and high school students in grades six-12 are invited to participate in Club Beyond. Email [kschmidt@clubbeyond.org](mailto:kschmidt@clubbeyond.org) or call 372-1567.

**Troops to Teachers** — Troops to Teachers directly supports military members who have chosen teaching as a career. This program provides direct resource support, including hiring, and it allows up to a \$10,000 bonus for teaching in high-need schools. Call 586-4054, ext. 409.

**Zumba** — Classes are now offered Saturday mornings at the Armed Services YMCA, WAAF. Preregistration is required. Cost is \$20 a month and includes the class and on-site child care. Call 624-5645.



Substitute teacher Carolyn Kawamata and her students watch as volunteer Soldiers from 3rd Bn., 7th FA Regt., 3BCT, 25th ID, perform the push-up, instructed by television broadcast, as part of Physical Readiness Training conditioning drills conducted Aug. 14 at Iliahi Elementary School in Wahiawa.

# ‘Bronco Brigade’ strengthens ties teaching readiness at Iliahi School

Story and photo by  
**STAFF SGT. CASHMERE JEFFERSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division Public Affairs

WAHIAWA—Inclement weather did not stop volunteer Soldiers from 3rd Battalion, 7th Field Artillery Regiment, “Never Broken,” 3rd Brigade Combat Team, “Bronco Brigade,” 25th Infantry Division, from conducting Physical Readiness Training, or PRT, conditioning drills for more than 400 students at Iliahi Elementary School, Aug. 14, here.

Spc. Tenesha Smith, primary PRT instructor, 3BCT, provided instructions and 1st Lt. Efren Catalla, 3rd Bn., 7th FA Regt., 3BCT, demonstrated exercises, which were broadcast on classroom televisions during the rain, enabling students and teachers to conduct exercises in unison indoors.

“It’s an awesome experience to volunteer here and to know that we can help the kids in any way possible, whether it’s physical strength or education,” Smith said.

Smith, who has volunteered at the school before, said she was excited to show the students that the military cares about their physical health.

The school’s acting principal, Phyllis Shipman, emphasized the importance of the military’s presence within the school.

“It is very important that the military is supporting the physical education of our students,” said Shipman. “They’re instilling a lifetime lesson of self discipline and physical fitness.”

While Smith and Catalla conducted the drills, other Soldiers went classroom to classroom providing positive motivation and

“They think these Soldiers are super heroes; you can see it on every child’s face.”

— **Christopher Chang**  
Iliahi Elementary School, student services coordinator

ensuring that each student conducted the drills properly.

“Motivating the kids was fun,” said Spc. Thomas Riggs, 3rd Bn., 7th FA Regt., 3BCT. “The kids were excited, and so I was excited. It felt good to be a part of this.”

Christopher Chang, student services coordinator, said the students look up to the Soldiers as role models.

“They think these Soldiers are super heroes; you can see it on every child’s face,” Chang said. “I heard some say, ‘Look, there’s a Soldier!’”

Chang added that something as simple as leading exercises for students makes a real impact on their whole day.

First grade teacher Terry Arakaki had been missing the recently redeployed “Never Broken” battalion.

“We loved having this group here before they deployed. They helped read to the students, and we’re happy their back,” said Arakaki. “I especially love what they did here because it helps us teachers. We need the exercising, too.”





# Professionals encourage well-baby examinations

**TRIWEST HEALTHCARE ALLIANCE**  
News Release

You’ve missed your baby’s scheduled well-baby doctor exam; should you be concerned? Your baby isn’t sick, so it’s not that important, is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy. Your son or daughter should have six well-child doctor visits during his or her first 15 months of life.

These regular doctor visits allow the pediatrician to check your baby’s growth and development. They also give you, as the parent, important information about what to expect as your child grows up.

During a well-baby visit, your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease. If your baby isn’t vaccinated, these diseases could make your child very sick, or even cause death.

Make the most during your regular well-

child doctor visit. Write down any questions or concerns you may have about your child’s development and bring them with you. This way you won’t forget to ask the pediatrician during the exam.

Well-baby doctor visits are a Tricare-covered benefit with no authorizations, cost-shares, co-payments or deductibles for those eligible.

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**Well-Baby Doctor Visits**

To learn more about well-child doctor visits, go to:

- [www.TriWest.com/parenting](http://www.TriWest.com/parenting).

Get more information about Tripler Army Medical Center’s Pediatric clinic guidelines at:

- [www.tamc.amedd.army.mil/offices/Pediatric/PediatricClinic.html](http://www.tamc.amedd.army.mil/offices/Pediatric/PediatricClinic.html).

# TriWest offers families pregnancy online support

**TRIWEST HEALTHCARE ALLIANCE**  
News Release

PHOENIX — Nearly 4 million women give birth in the U.S. every year, and almost a third of them will suffer pregnancy-related complications, according to the Centers for Disease Control and Prevention.

Prenatal care not only helps ensure those complications are caught early and treated, but also can help prevent premature births.

To support proper prenatal care and help women deliver healthy babies, TriWest Healthcare Alliance is now offering a new resource for military families who are expecting.

**Pregnancy and Parenting Portal**

A Pregnancy and Parenting Portal connects military families to helpful information for various stages of pregnancy, as well as for adoption. Different from other pregnancy sites, the TriWest portal offers information on Tricare coverage and locating a nearby military clinic.

The portal includes the following:

- Before pregnancy tips to get ready for being pregnant;
- New baby and child care resources for well-baby care, safety, emergency care, stages of development;
- During pregnancy information to keep

both mom and baby healthy during pregnancy;

- Tools for new dads about what to expect during the pregnancy and keeping involved;
- After delivery resources to help keep you and your baby healthy and safe; and
- Information about Tricare benefits for adoptions, as well as military adoption resources.

In addition to educating families on the importance of prenatal care, the portal provides access to resources for early childhood development, creating a safe and hazard-free environment and well-baby care.

“This can be a very happy, busy and possibly emotional time for a military family,” said Dr. Frank Maguire, senior vice president of Health Care Services and chief medical officer of TriWest. “The Pregnancy and Parenting Portal was developed to help educate families on the importance of prenatal care, as well as smooth the transition of welcoming a new child into the world.”

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**TriWest Pregnancy Information**

The pregnancy and parenting portal is located at:

- [www.triwest.com/pregnancy](http://www.triwest.com/pregnancy).



# USFHP eligibility changes made

**TRICARE**  
News Release

FALLS CHURCH, Va. — Since Aug. 20, the eligibility requirements for the U.S. Family Health Plan, or USFHP, have changed for new enrollees.

Under a new policy, beneficiaries 65 and older are not able to enroll in USFHP after Aug. 20.

Tricare beneficiaries who are enrolling in USFHP after Aug. 20 will lose their eligibility for the program when they turn 65; they will be transitioned into Tricare For Life.

All current USFHP members, including those who enrolled before Aug. 20, can remain in USFHP, regardless of age, until they no longer qualify for Tricare coverage. However, if a beneficiary disenrolls from USFHP, the new rule applies if beneficiaries wish to re-enroll at a later date.

USFHP enrollment remains open to the following groups:

- eligible active duty family members,
- qualifying surviving children and spouses who have not remarried,
- unmarried children up to age 21 or until age 23 for full-time students,
- retirees and their family members under

the age of 65, and

- former adult dependent children whose sponsor’s status qualifies them for Tricare Young Adult coverage.

USFHP is a managed care Tricare Prime option offering comprehensive coverage at a low cost to beneficiaries.

Beneficiaries enrolled in USFHP receive their care at a health care facility belonging to a USFHP member hospital and health system in their region.

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**Family Health Plan Eligibility**

To learn more about eligibility, or to enroll, call Membership Services at (800) 748-7347.

Visit U.S. Family Health Plan at:

- [www.tricare.mil/usfhp](http://www.tricare.mil/usfhp).

Sign up for Tricare email updates at:

- [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).

Connect with Tricare on Facebook and Twitter at:

- [www.facebook.com/tricare](http://www.facebook.com/tricare) and [www.twitter.com/tricare](http://www.twitter.com/tricare).



# Paintball, proverbs combine to build camaraderie

**STEPHANIE BRYANT**  
Tripler Army Medical Center Public Affairs

WAIMANALO — Soldiers and staff from Pacific Regional Medical Command met for a day of paintball and proverbs, Aug. 8, at Bellows Air

Force Station, here.

Tripler Army Medical Center’s Department of Ministry and Pastoral Care sponsored the program, which offered Soldiers the chance to practice teamwork and communication skills,



Jan Clark | Pacific Regional Medical Command Public Affairs

Sgt. Nathaniel Jones, health care sergeant, Acute Care Clinic, USAHC-SB, defends his position during a paintball competition, Aug. 8, at Bellows Air Force Station. The competition was part of TAMC’s Department of Ministry and Pastoral Care’s spiritual fitness event, Paintball and Proverbs.

and to work on spiritual fitness.

“As a chaplain, I recognize that the body and mind are important, but the spirit really drives the train,” said Chaplain (Lt. Col.) Jon Hollenbeck, deputy chief, Department of Ministry and Pastoral Care, TAMC. “(Spirit is) what gets you through the difficult and tough times of life (and is) what grounds and centers you.”

In the morning, staff had the opportunity to practice tactical skills on the paintball range and build teamwork and communication skills under fire.

After lunch, the group sat down, and Hollenbeck led a spiritual discussion. He asked the group to share quotes or words of wisdom they use to get through tough times.

“There are no mistakes, only happy accidents ... and if every day was a good day, then you would never know it,” said Capt. Randy Perry, commander, Medical Company A, Troop Command, TAMC, as he quoted painter Bob Ross.

“What that means to me is, you learn more on your valley experiences than you do your mountaintops,” Perry said. “If every day was good, then you wouldn’t know what the other side was like.”

Hollenbeck encouraged attendees to treat life and their careers like a marathon and not a sprint. He also reminded them that while they need to stay physically fit, they should also strive to be spiritually fit.

“Some of you are in the middle of your careers, while some of you are at the beginning, but I know that each of you draw from some

wisdom that allows you to get through the difficult times,” Hollenbeck said. “The Army has placed a lot of emphasis on resilience, and we recognize that it is important to do some team-building exercises like we have done here.”

Afterward, staff members expressed positive feedback for their time at Bellows; they stated the event was beneficial.

“It was a lot of fun to get out here and do some maneuvers,” said Spc. Cory Policht, who works in the Patient Administration Division, U.S. Army Health Clinic-Schofield Barracks. “As far as resiliency, it is good to get out and get your mind out of the office. Rebuild your resilient self and take time for yourself.”

The Department of Ministry and Pastoral Care hopes to offer Spiritual Fitness Training once a quarter for staff members.

Participants, meanwhile, indicated a willingness to participate in future opportunities to get out of the office and, at the same time, build professional relationship skills.

“It is a great way to build teamwork and camaraderie,” said Spc. Nikolas Revette, who works at the Medical Laboratory, USAHC-SB. “The cohesion you build with the people you work with is really nice.”

**Paintball Resiliency Photos**  
See more photos online at:  
• [www.flickr.com/TriplerAMC](http://www.flickr.com/TriplerAMC).

## Boots: Post 9-11 fallen remembered

CONTINUED FROM B-1

across the bridge to and from Kamehameha Highway.

“I’m remembering those we’ve lost, those who can’t be out here to run today, and I feel like I’m running for them,” said Spc. Theresa Zapata, chaplain assistant, Headquarters Headquarters Company, 25th Combat Aviation Brigade, 25th Infantry Division.

“I think the run went very well,” said 1st Lt. Nicholas Roth, executive officer, Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th TSC. “We had a lot of

participation from our unit, from family members and from Soldiers.

“It was just a great time,” Roth said. “We had a lot of motivation out there running, and Ford Island was a great place to do this. It is definitely emotional.

“It puts things in perspective, it humbles you, and it makes you want to honor those service members who have given the ultimate sacrifice,” Roth added.

Right — Two runners, wearing attached photos of fallen military members, join the “Boots on the Bridge, Remembering the Fallen” run across the Ford Island Bridge.

